



U R B A N D I S T R I C T C O U N C I L

O F



N E W Q U A Y , C A R D I G A N S H I R E

P U B L I C H E A L T H D E P A R T M E N T

A N N U A L R E P O R T , 1 9 6 3

M E D I C A L O F F I C E R O F H E A L T H :

Jos. R. Jones, B.Sc., M.B., B.Ch., D.R.C.O.G., D.P.H.

P U B L I C H E A L T H I N S P E C T O R :

W.T. Rees, C.R.S.I., M.P.H.I.A. (part-time)

(i)

NEW QUAY URBAN DISTRICT COUNCIL

Chairman
1962/63

Chairman
1963/64

Councillor Walter Edwards

Councillor Mrs. Eifion Price, J.P.

Public Health matters are considered by the whole Council which consists of nine members, including the Chairman.

Clerk of the Council: J. Amphlett Lewis, Esq.,
Council Offices,
NEW QUAY,
Cardiganshire.

Telephone: New Quay 275.

(ii)

To the Chairman and Members of the
New Quay Urban District Council.

I have the honour to present the Annual Report for 1963. In the 1962 report, I stated that "complacency is the worst enemy of preventive medicine especially in regard to infectious diseases". During 1962, there was an epidemic of smallpox and in 1963 there was an outbreak of typhoid involving over 400 people in Switzerland and some people from this country were involved in this. At the time of writing an outbreak has occurred in Aberdeen. Minor outbreaks of typhoid have also occurred in this country in recent years due to people contacting the disease on the Continent and returning to this country during the incubation period. The mortality from typhoid has diminished greatly due to improved therapy, but it is a serious illness and spread of the disease frequently occurs from infected cases by faulty personal hygiene. Typhoid, paratyphoid and other organisms can be disseminated through contaminated food - such food supplies being contaminated by persons incubating the disease or symptomless carriers.

It is in this field of personal hygiene that much teaching is required. Periodically, posters supplied by the Central Council for Health Education and Ministry of Health are distributed to all food premises by the Public Health Inspectors whilst, at the same time, emphasis is laid on the need to conform with the Food and Drugs Act and subsequent regulations. This repetitive work takes up much time but is absolutely essential. Personal hygiene in the homes is equally as important, for many persons do not wash their hands after being to the lavatory and public authorities should consider supplying hand washing facilities in their public lavatories free of charge.

I must also draw your attention to another infectious disease, namely venereal disease. The incidence of this disease is rising throughout the country and both adolescents and adults should be told that sexual promiscuity eventually leads to venereal infection.

Fluoridation was a topic much discussed during the year and the Council



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has made its decision. A recent paper published in the United States suggested that fluoridation of public water supplies might be the cause of mongolism in children. This has been firmly repudiated by many other studies. (In June, 1964, the Birmingham City Council commenced fluoridation of its public water supply).

The population living within the area remains just below 1,000 and the birth and death rates show little variation during the past three years. No infectious diseases were notified during the year.

Two surveys have now been carried out by the "Lancashire and Western Sea Fisheries Joint Committee" to determine the amount of sewage pollution in the bay. The results show that there is no cause for alarm; a further bacteriological survey is to be carried out in 1965 by the Council's employees so that a constant watch is kept on the situation.

A detailed report, including a section by the Public Health Inspector, will be found in the following pages.

YR ADRODDIAD BLYNYDDOL

Anrhydedd yw imi gyflwyno'r Adroddiad Blynyddol am 1963. Yn yr adroddiad am 1962, mynegais mai "ymfodddhad yw gelyn gwaethaf meddygaeth arbedadwy yn enwedig mewn cysylltiad â chlefydau heintus". Yn ystod 1962, bu epidemig o'r frech wen, ac yn 1963, cyffyrddodd haint typhoid â dros 400 o bobl yn yr Yswisdir ac fe gysylltiwyd rhai pobl o'r wlad hon â hyn. Tua'r adeg yr wyf yn ysgrifennu, digwyddodd haint yn Aberdeen. Digwyddodd heintiau llai o typnoid yn y wlad hon yn y blynyddoedd diweddaraf oherwydd i bobl gael y clefyd ar y Cyfandir, a dychwelyd i'r wlad hon yn ystod yr ysbaid deori. Bu i farwolaeth oddiwrth typhoid leihau'n enfawr o gael gwell therapi, ond salwch difrifol yw, ac ymleda'r clefyd yn aml oddiwrth bobl heintus trwy ddiffyg glendid personol. Fe ledaena typhoid, paratypnoid ac organebau eraill trwy fwyd llygredig - llygru'r bwyd gan rai'n deori'r clefyd, neu gludwyr di-arwydd.

Ym myd y glendid personol yma, rhaid wrth addysg. O amser i amser, ceir posteri gan Gyngor Canol Addysg Iechyd a'r Weinidogaeth Iechyd a ddosberthir i bob adeilad bwyd gan yr Archwilwyr Iechyd Cyhoeddus; hefyd, ar yr un adeg, fe bwysleisir fod angen cydymffurfio â'r Ddeddf Fwyd a Chyffurau, a'r rheolau dilynol. Fe gymerth y gwaith hwn lawer o amser ond fe erys yn wir hanfodol. Mae glendid personol yn y cartrefi yr un mor bwysig, canys ni fydd llawer yn ymolchi dwylaw ar ôl bod yn yr elysfa ac fe ddylai'r Awdurdodau Cyhoeddus roi cyfleusterau ymolchi dwylaw yn eu helysfeydd cyhoeddus yn rhad ac am ddim.

Rhaid imi dynnu'ch sylw at glefyd heintus arall, sef y clefyd gwenerol. Ehangu mae digwyddiad y clefyd hwn trwy'r wlad a dylid argyhoeddi'r llencyndod a'r oedolion fod diwahaniaeth rhywiol yn arwain yn y pen draw at glefyd gwenerol.

Yn ystod y flwyddyn bu ychwanegu "fluoride" i'r dŵr yn bwnc llosg a drafodwyd yn aml, a gwnaeth y Cyngor ei benderfyniad. Awgrymwyd mewn ysgrif diweddar a argraffwyd yn yr Unol Daleithiau fod ychwanegu "fluoride" i'r dŵr cyhoeddus efallai yn achosi mongoliaeth mewn plant. Fe ddiarddelir hyn yn

bendant gan astudiaethau eraill. (Ym Mehefin, 1964, ychwanegwyd "fluoride" i'r dŵr cyhoeddus gan Gyngor Dinesig Birmingham).

Erys y boblogaeth sy'n byw'n yr ardal ychydig dan 1,000 ac ni ddengys y nifer o enedigaethau a marwolaethau ond ychydig o wahaniaeth yn ystod y tair blynedd diwethaf. Ni hysbyswyd yr un clwyf heintus yn ystod y flwyddyn.

Gwnaethpwyd dwy archwiliad erbyn hyn gan y "Lancashire and Western Sea Fisheries Joint Committee" i benderfynnu maint y budreddi carthion yn y bae. Dengys yr archwiliad nad oes unrhyw achos o gwbl i frawychu; fe wneir archwiliad organebol arall yn 1965 gan rai sy'n gweithio i'r Cyngor, fel y cedwir cysylltiad agos â'r sefyllfa bob amser.

Fe geir adroddiad manwl yn y tudalennau dilynol, yn cynnwys adroddiad gan yr Archwiliwr Iechyd Cyhoeddus.

VITAL STATISTICS

		<u>1963</u>	<u>1962</u>	<u>1961</u>
1. <u>BIRTHS</u>				
Total	7	6	7
	Leg:	7	6	7
	Illeg:	-	-	-
Illegitimate live birth per cent of total live births	-	-	-
Rate per 1,000 population (crude)	7.69	6.25	7.61
Rate per 1,000 population (adjusted)	12.22	9.71	11.34
Rate per 1,000 population England & Wales	18.20	18.00	17.40
2. <u>STILLBIRTHS</u>				
Total	-	-	-
	Leg:	-	-	-
	Illeg:	-	-	-
Rate per 1,000 live and stillbirths	-	-	-
Rate per 1,000 live & stillbirths England & Wales	17.3	18.00	18.70
3. <u>TOTAL LIVE AND STILLBIRTHS</u>				
	7	6	7
4. <u>PERI-NATAL MORTALITY</u> (Stillbirths plus early neo-natal deaths)				
Total	-	-	-
	Leg:	-	-	-
	Illeg:	-	-	-
Rate per 1,000 total live and stillbirths	-	-	-
5. <u>EARLY NEO-NATAL MORTALITY</u> (deaths under one week)				
Total	-	-	1
	Leg:	-	-	1
	Illeg:	-	-	-
Rate per 1,000 total live births	-	-	142.85
6. <u>LATE NEO-NATAL MORTALITY</u> (deaths over one week and under four weeks)				
Total	-	-	-
	Leg:	-	-	-
	Illeg:	-	-	-
Rate per 1,000 total live births	-	-	-
7. <u>INFANT MORTALITY</u> (total deaths under one year)				
Total	-	-	1
	Leg:	-	-	1
	Illeg:	-	-	-

	<u>1963</u>	<u>1962</u>	<u>1961</u>
7. <u>INFANT MORTALITY CONT'D.</u>			
Rate per 1,000 total live births	-	-	142.85
Legitimate infant deaths per 1,000 legitimate live births	-	-	14.85
Illegitimate infant deaths per 1,000 illegitimate live births	-	-	-

8. <u>MATERNAL MORTALITY</u> (including abortion)			
Number of deaths	-	-	-
Rate per 1,000 total live and stillbirths	-	-	-

DEATHS

Total	16	17	20
Rate per 1,000 population (crude)	17.58	18.48	21.74
Rate per 1,000 population (adjusted)	9.84	12.20	14.39
Rate per 1,000 population England & Wales	12.20	11.90	12.00

Area comparability factor for births ...	1.59	1.49	1.49
Area comparability factor for deaths ...	0.56	0.66	0.66

POPULATION STATISTICS

Area (in acres)	281
Population (census 1961)	954
Population (Registrar General's Mid-Year 1963)....	910

The 1963 area comparability factors are based on population data derived from the 1961 Census, whereas previous years' area comparability factors were based on the 1951 Census results.

CAUSES OF DEATH

Registrar
General's
Code Number

Causes of death

Number of deaths
Male Female Total

1	Tuberculosis, respiratory	-	-	-
2	Tuberculosis, other	-	-	-
3	Syphilitic disease	-	-	-
4	Diphtheria	-	-	-
5	Whooping Cough	-	-	-
6	Meningococcal infections	-	-	-
7	Acute poliomyelitis	-	-	-
8	Measles	-	-	-
9	Other infective & parasitic diseases	-	-	-
10	Malignant neoplasm, stomach	-	-	-
11	Malignant neoplasm lung, bronchus	-	-	-
12	Malignant neoplasm, breast	-	-	-
13	Malignant neoplasm, uterus	-	-	-
14	Other malignant & lymphatic neoplasms	1	1	2
15	Leukaemia, aleukaemia	-	-	-
16	Diabetes	-	-	-
17	Vascular lesions of nervous system	1	4	5
18	Coronary disease, angina	2	1	3
19	Hypertension with heart disease	-	-	-
20	Other heart disease	1	1	2
21	Other circulatory disease	1	-	1
22	Influenza	-	-	-
23	Pneumonia	-	-	-
24	Bronchitis	-	1	1
25	Other diseases of respiratory system	-	-	-
26	Ulcer of stomach and duodenum	-	-	-
27	Gastritis, enteritis and diarrhoea	-	-	-
28	Nephritis and nephrosis	-	-	-
29	Hyperplasia of prostate	-	-	-
30	Pregnancy, childbirth, abortion	-	-	-
31	Congenital malformations	-	-	-
32	Other defined and ill-defined diseases	1	-	1
33	Motor vehicle accidents	-	-	-
34	All other accidents	-	1	1
35	Suicide	-	-	-
36	Homicide & operations of war	-	-	-

TOTAL:

7 9 16

INFECTIOUS DISEASES

The following is a list of the notifications of infectious disease, other than tuberculosis, received during the year.

Diphtheria	
Dysentery (amoebic and bacillary)				
Encephalitis	
Erysipelas,	
Food poisoning	
Measles	
Meningococcal meningitis			L
Paratyphoid fever		
Pneumonia (acute primary & acute influenzal)....			I
Poliomyelitis	N
Relapsing fever		
Scarlet fever	
Smallpox	
Whooping Cough	

TUBERCULOSIS

The following table shows the sex and age distribution of the new cases notified during the year.

AGE GROUP	RESPIRATORY		NON-RESPIRATORY	
	Male	Female	Male	Female
5 - 14	-	-	-	-
15 - 24	-	-	-	-
25 - 44	-	-	-	-
45 - 64	-	-	-	-
65 +	-	-	-	-

GENERAL PROVISION OF HEALTH SERVICES IN THE AREA

These remain essentially the same as in previous years and are under the control of the County Council.

SECTION 47 OF THE NATIONAL ASSISTANCE ACT, 1948

No action was required to be taken during the year under this section.

JOS. R. JONES
MEDICAL OFFICER OF HEALTH

Cardiganshire Joint District Councils,
Swyddfa'r Sir,
(County Office),
ABERYSTWYTH.

June, 1964

ANNUAL REPORT OF THE PUBLIC HEALTH INSPECTOR

I have pleasure in submitting my Annual Report on work done during the year 1963.

WATER SUPPLY

The water supply for the whole of the district is under jurisdiction of the Cardiganshire Water Board. The supply of water was plentiful throughout the year and the samples taken for bacteriological examination were all found to be satisfactory.

Chemical samples taken in the past and analysed by the Public Analyst at Carmarthen showed the water to be of good quality and suitable for drinking and all domestic purposes.

The whole of the district comprising of approximately 468 dwelling houses and a population of 920 is supplied from the mains.

There are no public swimming baths in the district.

DRAINAGE AND SEWERAGE

Except for minor blockages the sewerage system has functioned trouble free throughout the year. The system is by gravitation to a settling tank on the Dolau Beach and the resultant effluent is discharged to the sea. The septic tank was designed to serve New Quay with a population of approximately 1,000. For such a population the tank functions properly but during the summer months with the influx of visitors, the tank is grossly overloaded. Due to the inadequate treatment which inevitably arises the Council, through the good offices of the Lancashire & Western Sea Fisheries Joint Committee, made a survey to determine the amount of sewage pollution, if any, there was in the bay.

The first survey, which consisted of taking chemical samples of sea water taken at various points in the bay, was carried out on the 28th and 29th August, 1962 by Mr. J.E. Croft, Pollution Officer of the Fisheries Committee. The result of this survey was fully reported in my annual report for 1962.

A further survey was carried out on the 2nd and 3rd July, 1963, but on this occasion bacteriological samples were taken in addition to the chemical samples. This survey was made in conjunction with the first one of 1962 and the same sampling points used.

The second survey corroborates that pollution exists in the bay but that it does not enter the bay proper.

From the very limited data available it would appear that on the flowing tide, the sewage receives sufficient dilution that it does not enter the bay proper. This conclusion however must be treated with extreme caution as the survey was conducted during calm weather and in summer conditions when the bacteria die off more rapidly than under winter conditions. Different wind directions might give a completely different state of affairs and for these reasons, it has been decided to continue bacteriological sampling under varying climatic conditions.

CLOSET ACCOMMODATION

Number of closets connected to the sewerage system	432
Number of closets connected to cesspools and septic tanks ...	26
Number of pail closets within the range of sewers not connected	NIL
Number of pail and earth closets	3

PUBLIC CLEANSING

Refuse collection is undertaken by the Council employees and this service covers the whole of the area of the Urban District. Collection is carried out weekly during the winter months and twice weekly during the summer season.

Refuse disposal takes place at Aberaeron Rural District Council's refuse tip at Rhydeion, which is four to five miles from New Quay. The covering and control of the tip is carried out by the Rural District Council. This tip is rapidly filling up and an alternative site will soon have to be found.

It is still the practice of a number of householders to use a various assortment of receptacles for the storage of refuse. The use of the standard dustbin with a close fitting lid is very much desired.

SANITARY INSPECTION OF THE AREA

Number of houses inspected

Under the Public Health Act, 1936	18
Under the Housing and Rents Act	19
Number of houses inspected after infectious diseases	Nil

Notices Served - Public Health Act

Number of informal notices served	9
Number of informal notices complied with ..	5
Number of statutory notices served	Nil
Number of statutory notices complied with .	Nil

Housing

During the year the Council accepted a tender of £12,970 from Messrs. Jones James & Williams, Building Contractor of New Quay to build six old age pensioners bungalows at the green Cylch-y-Llan. At the time of writing, these bungalows are well under way, all six being roofed.

One house under private enterprise was completed during the year.

(b) Housing Repairs and Rents Act, 1954 and Housing Act, 1957

1. Unfit houses closed or declared unfit Nil
2. Houses in which defects were remedied after
informal action 4

(c) Housing Act, 1949, Housing Repairs and Rents Act, 1954

Improvement Grant - Discretionary

<u>No. Applications Approved</u>	<u>Approved Expenditure</u>	<u>Approved Grants</u>
3	£2,330	£1,165
<u>No. Payments Made</u>	<u>Amount Paid</u>	<u>Total Payments</u>
Finals 3	£458	£1,182
Instalments 2	£724	

(d) House Purchase and Housing Act, 1959

Improvement Grants - Standard

<u>Applications Received</u>	<u>Approved</u>	<u>Owner/Occupier</u>	<u>Others</u>
1	1	1	Nil

PAYMENTS	AMENITIES PROVIDED				
	Bath	Wash-hand Basin	Hot Water	Water Closet	Larder
1	1	1	1	1	1

(e) Rents Act, 1957

(i)	Number of applications of certificate of disrepair	Nil
(ii)	Number of decisions not to issue certificates	Nil
(iii)	Number of decisions to issue certificates	Nil
(iv)	Number of certificates of disrepair issued	Nil
(v)	Number of applications by landlord for cancellation of certificate	Nil

RAT AND MICE DESTRUCTION

All types of premises were visited and where necessary advice and poison baiting was carried out. All infestations were treated by the Council's Rodent Operator. 26 treatments were carried out during the year in private dwellings. The refuse tip at Gilfachrheda although not now used, is continually kept under observation and baits laid when necessary.

THE CARAVAN SITES & CONTROL OF DEVELOPMENT ACT, 1960

Number licensed caravan sites 5

The five sites, with their maximum number of caravans are:-

1.	Raymond Caravan Park	250	caravans
2.	Traeth Gwyn Caravan Park ..	116	"
3.	Neuadd Caravan Park	85	"
4.	Rectory Field Caravan Park.	20	"
5.	Mindraeth Caravan Park	2	"

Total 473 caravans

All the caravan sites are well maintained and are proving to be a very popular mode of holiday making. Two of the sites are self contained in as much that shops and licensed clubs are available to the occupiers of the sites.

The caravan population at the height of the season is approximately 1900 but taking into account sites which are within a mile radius of New Quay, provision is made for approximately another 500 caravan pitches which gives a grand total population of around 4,000. New Quay is the main attraction for all these people and consequently all the services are extended to their utmost capacity.

BURIAL AND CREMATION OF THE DEAD

National Assistance Act, 1948 (Section 50)

Number of persons buried by the Authority Nil

Municipal Cemetery

Number of persons buried from within the district..... 6
Number of persons buried from outside the district 4

The cemetery is under the care of Mr. Dan Lewis to whom I am indebted for the above information.

COUNCIL HOUSES

Number of Council Houses in the district 28

These are all situated on an estate at "Cylch-y-Llan" and on the whole are in a satisfactory state of cleanliness.

Number of persons on the Council Waiting List on the 31st December, 1963 ---- 15.

INSPECTION AND SUPERVISION OF FOOD PREMISES

Number of inspections of meat shops and vans 6
Number of inspections of restaurants and public houses . 27
Number of inspections of premises where ice cream is
sold 18
Number of inspections of dairies NIL

MILK SUPPLY

Number of retailers within the district 2
Number of dairies NIL

UNSOOUND FOOD

2 Tins of Meat	14 lbs	13 ozs.
18 Tins of Fruit	25 lbs	1 oz
9 Tins of Vegetables	7 lbs	6 ozs
4 Tins of Soup	3 lbs	14 ozs
1 Tin of Fish		14 ozs

SLAUGHTER OF ANIMALS ACT, 1933

Licences issued to slaughtermen NIL
No applications were received to licence slaughterhouses.

FOOD POISONING

There was no notified case of food poisoning during the year.

FACTORIES ACT, 1937 and 1948

Inspection during the year

Premises	No. on Register	Number of		
		Inspections	Notices	Prosecutions
(i) Factories in which Section 1,2,3,4 & 6 are to be enforced by the Local Authorities.	3	3	-	-
(ii) Factories not included in (i) in which Section 7 is enforced by the Local Authority	4	4	-	-
(iii) Other premises which Section 7 is enforced by the Local Authority	-	-	-	-
TOTAL:	7	7	-	-

I should like to thank the Members of the Council and the staff for their assistance and co-operation during the year.

W.T. Rees

PUBLIC HEALTH INSPECTOR

Public Health Department,
Pier Buildings,
NEW QUAY,
Cards.

